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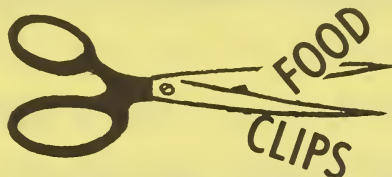
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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
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Saving calories? Dust the top of a freshly baked cake with confectioner's sugar instead of making a frosting. You could also serve sliced or diced fruit as a topping for cake instead of a rich frosting.

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Does your recipe call for large-size eggs? It usually means 24 ounces per dozen, according to U.S. Department of Agriculture home economists.

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How do you make painted cookies? Just add enough food coloring to one egg yolk to give it a vivid color. Decorate tops of cookies with mixture before baking.

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Shredding cheese? A good rule of thumb concerning cheese--one half pound of cheese yields about two cups of shredded cheese.

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How do you store cheese spreads? Store unopened jars, at room temperature. After opening, refrigerate the jars and tighten covers. Store boxed or wrapped cheese food in the refrigerator and it will keep for several weeks.

IT'S LOG BURNING TIME

--almost everywhere

Even if you live in the deep south, or southwest there are usually times when a few logs burning in the fireplace can add to the warmth of the room. Fireplaces do not, provide an economical means of heating, according to the U.S. Department of Agriculture. However, a properly built, well-designed fireplace can provide additional heat, (or possibly all the heat necessary in mild climates) and enhance the appearance and comfort of the room.

Chimneys and fireplaces must be properly constructed for safe, efficient operation. With a well-designed properly installed damper you can regulate the draft, close the flue to prevent loss of heat from the room where there is no fire in the fireplace, and adjust the throat opening according to the type of fire to reduce loss of heat. A roaring pine fire, for instance may require a full throat opening, but a slow-burning hardwood log fire may require an opening of about one or two inches.

What causes smokey fireplaces? Fallen bricks in the chimney blocking the flue, loose mortar joints, or nearby trees or tall structures causing eddies down the flue are major causes. An undersized flue may also cause a smokey fireplace. Installation of a metal hood across the top of the fireplace opening may eliminate the smoking.

ONE STEP AHEAD

-----For Senior Citizens

There are 20 million senior citizens in the United States--one out of every ten persons. Each generation appears to be healthier, with greater possibilities for living longer. Often this is good, but sometimes perhaps bad, since many senior citizens are pushed into the mainstream of society and have to struggle for social recognition and economic survival. Many live in households with total income below the poverty level.

In New Jersey--Gloucester County, once an agricultural county, today is rapidly changing into suburbia. Some 7.7% of its residents are 65 years of age or more. Little interest and practically no help was offered this **group** until Elizabeth Roth, an Extension home economist started looking for ideas--the first one was to form a group known as Gloucester County Senior Citizens Organization to encourage self-help. More than 3,500 members are currently active. The group has two publications; one called "Golden Harvest," a quarterly, and a monthly called "With You in Mind" which features timely tips on meal planning, shopping and homemaking.

These Senior Citizens also planned a handicraft show. Booths were set up to answer questions concerning Social Security, Retirement, Medicare, Disability, Survivors Benefits. Food and nutrition tips were also offered.

In Tennessee--Senior citizens in Haywood County in West Tennessee are serving with Extension leaders to teach others to do macrame. They make belts, jewelry, and head bands--all types of handmade items that can be sold in local stores or used for gifts.

In Maryland--The "Over 60 Counseling and Employment Service" of Montgomery County provides women over 60 with rewarding and satisfying jobs--often as companions to elderly people or as mother substitutes for youngsters. There is a family aide training course that includes practical psychology, nutrition, food management and environmental health training. This service has not only proven useful for the **women** who are employed by this service but necessary for the communities needs.

In Oklahoma--One of the several Federally funded Housing Projects in Tishomingo has set aside special apartments for the elderly. The Extension Service arranged classes for new tenants so that they could learn how to start housekeeping in their new environment. Classes included instruction in how to care for appliances, how to make draperies, information about the utility system--even how to plant and maintain trees and shrubbery.

In West Virginia--"Living," West Virginia's television series for senior citizens is a cooperative project between WMUL-TV, the West Virginia Commission on Aging, and the West Virginia University Cooperative Extension Service. The 1972 series consisted of twelve color half-hour shows featuring senior citizens demonstrating mountain heritage crafts such as wood carving, quilting, weaving and spinning. The participants played old musical instruments such as the dulcimer; told stories, recited poems, and sang old-time hymns.

In South Carolina-- At Clemson University in South Carolina there is an annual "College Week" for Senior Citizens--believed to be the only program of its kind anywhere in the United States. Courses designed to interest the senior scholars range from classes in dried flowers and terrariums to wine-making and creative writing. These courses all open new doors to senior citizens--not only for them but for the benefit of the community at large.

There are many different programs in South Dakota, North Carolina and Nebraska. But more communication is needed to share the workable, successful programs. Some of the States are more aware than others of the problems of their over 60 citizens and to help provide opportunities for them to use their talents and to teach others, encourage the use of food stamps and donated foods by the eligible elderly. The Extension Service probably is doing something in your state.



NEW CITRUS DRINKS

Orange Ho, an experimental citrus drink, developed by the U.S. Department of Agriculture, has been rated acceptable in marketing tests made with 600 families in communities of Texas and Ohio. (Orange Ho was first reported in Food and Home Notes last year). The new citrus drink made from puree of whole fruit was rated on appearance, sweetness, sourness, consistency, color, flavor, and overall quality.

Another experimental citrus drink called Nectarade, also developed by USDA's Agricultural Research Service (at the Research Laboratory in Texas) is made from grapefruit puree and was also rated as acceptable by the same marketing tests. However, it was considered less sweet, and less pleasing in color, than Orange Ho. Both drinks are expected to have considerable commercial potential.

All members of the 600 households, age 12 or older, were asked to rate each of the products on appearance, sweetness, sourness, consistency, color, flavor and overall quality.

A large percentage of the whole fruit is used in making citrus fruit purees. Fruit is washed, blanched for ten minutes, drained and coarsely ground. Seeds and tough portions are removed and the ground pulp is directed to a homogenizer. The resulting puree, about 90 percent of the whole fruit, can be held in refrigerated storage.

The process for making citrus fruit purees offers processors a new way to use a larger percentage of the whole fruit. It also helps correct pollution problems by reducing the amount of disposable waste.

COMMENTS & UNQUIRIES TO:

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